

SOUTHWEST POOL



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WWW.SEATTLE.GOV/PARKS/AQUATICS/SWPOOL.HTM

2801 SW Thistle

Seattle, Washington 98126

206-684-7440

PROFESSIONAL STAFF:

David Belanger—OOC Aquatic Center Coordinator

Anne Barnes—Assistant Coordinator

Summer HOURS OF OPERATION:

Monday & Wednesday 9:30-8:30 pm

Tuesday & Thursday 9:30-9:30 pm

Friday 9:30-8 pm

Saturday 9:30-2 pm

Sunday 11 am-6 pm

Closed Holidays:

Monday July 4 and Monday September 5

FEES

RECREATIONAL SWIM PRICES:

Children under 1 Free

Youth (Age 1-17) \$3.75

Adult (Ages 18-64) \$5.25

Senior Adults (Ages 65+) \$3.75

Special Populations \$3.75

FITNESS SWIM PRICES:

Adult Fitness \$6.50

Youth/Senior/Special Populations \$4

OTHER FEES:

"Just a Shower" \$5.25

Towel Rental \$0.50

Coin-Operated Lockers \$0.25

SCHOLARSHIP DISCOUNT PRICES:

(Requires proof of income and may take 4-6 weeks for approval)

Discount Recreation \$2.00

Discount Fitness \$3.00



DISCOUNT QUICK CARD!

Quick Card is a prepaid discount admission card that provides access to many recreational choices at Seattle Parks and Recreation.

To purchase a discount quick card, visit any pool. A photo is taken at the time of purchase. Cards are issued to individuals and are not transferable

RECREATIONAL SWIM & FITNESS PROGRAMS

Womens' Swimming: Single gender swimming opportunities for women who because of cultural, personal or religious reasons cannot swim in a co-ed environment. During these programs the windows to the pool are covered for privacy and only female staff are employed. Females age 12+ only. Call for details on swimming lessons and recreational swim times.

Adult/Senior Adult Swim: This is a recreational lap swim period for adults 18 years and older. There is an open area for water walking or exercise.

Lap Swim: This program is designed for serious swimmers and those who want to work on conditioning. Some lanes may be reserved for private lessons.

Family Swim: This swim is a recreational swim time for the family. A parent/guardian must accompany youth younger than 18 in the water.

Public Swim: This is a recreational swim for swimmers of all ages. Children who do not meet our height requirement of 4 feet OR are younger than 6 yrs old must be accompanied into the water by an adult 18 or older.

Senior Adult Water Fitness: This shallow water class provides a recreational and therapeutic exercise time for senior adults. No swimming ability necessary.

Adult Water Aerobics: This shallow water class, set to "pump it up" music, is designed to build strength, flexibility and cardio. No swimming ability necessary.

Adult Hydro-Fit: This deep water class uses specially designed buoyancy and resistance equipment that provides a demanding workout for the whole body. Deep water comfort required.

SWIMMING LESSONS

Register for Summer Swimming lessons on May 24.
Register for Fall swimming lessons on August 9.

SUMMER SWIM LEAGUE Ages 7-18

Program Dates: June 27 - August 6

Cost: \$130 (Includes a cool t-shirt)

Practice times: Monday-Friday
7:30 am or 8:30 am

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June 27nd—Sept 4th 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Early Morning Lap Swim 6-7:30am Ends 8/25		Early Morning Lap Swim 6-7:30am Ends 8/25		
Adult & Senior Swim 11:00am-12:30pm	Summer Swim League 7:30-9:30am	Summer Swim League 7:30-9:30am	Summer Swim League 7:30-9:30am	Summer Swim League 7:30-9:30am	Summer Swim League 7:30-9:30am	Lap Swim 9:30-10:30
	Swim Lessons 9:30am-noon	Swim Lessons 9:30am-noon	Swim Lessons 9:30am-noon	Swim Lessons 9:30am-noon	Swim Lessons 9:30am-noon	Swim Lessons 10:30-Noon
Swim Lessons 12:30-2:00pm	Adult & Senior Swim Noon—1:30pm	Adult & Senior Swim Noon—1:30pm	Adult & Senior Swim Noon—1:30pm	Adult & Senior Swim Noon—1:30pm	Adult & Senior Swim Noon—1:30pm	Lap Swim Noon-1:00pm
Family Swim 2:00-3:00pm	Public Swim 1:30-3:00 pm	Senior Water Fitness 1:30-2:15 pm	Public Swim 1:30-3:00 pm	Senior Water Fitness 1:30-2:15 pm	Public Swim 1:30-3:00 pm	Public Swim 1:00-2:00pm
Special Populations Lessons 3:00-4:00pm	Lap Swim 3:00-4:00p	Public Swim 2:35-4:00 pm	Lap Swim 3:00-4:00p	Public Swim 2:35-4:00 pm	Lap Swim 3:00-4:00pm	Women's Public Swim 2:30-3:30pm (Females Age 12+)
Public Swim 4:00-5:00pm	Swim Lessons 4:00-5:30pm	Lessons & Comp Stroke 4:00-5:00pm	Swim Lessons 4:00-5:30pm	Lessons & Comp Stroke 4:00-5:00pm	Private Lessons 4:00-4:30pm	Women's Lessons 3:30-4:00pm
Lap Swim 5:00-6:00pm		Lap Swim 5:00-6:00pm		Lap Swim 5:00-6:00pm	Public Swim* 4:30-5:30pm	Rentals Begin at 4:30pm Call to Schedule 206-684-7440
Rentals Begin at 6:00pm Call to Schedule 206-684-7440	Lap Swim 5:30-6:30pm	Swim Lessons 6:00-7:30pm	Lap Swim 5:30-6:30pm	Swim Lessons 6:00-7:30pm	Lap Swim * 5:30-7:00pm	
	Swim Lessons 6:30-7:30pm		Swim Lessons 6:30-7:30pm		Family Swim* 7:00-8:00pm	
	Public Swim (shallow end only) 7:30-8:30pm Hydrofit 7:30-8:15pm	Public Swim 7:30-8:30pm	Public Swim (shallow end only) 7:30-8:30pm Hydrofit 7:30-8:15pm	Public Swim 7:30-8:30pm	*Summer Swim League Meets	
		Adult Water Exercise 8:30-9:15pm		Adult Water Exercise 8:30-9:15pm	Friday July 15 and Friday July 22 5-8pm	

Holiday Closures: Monday July 4th and Monday September 5th

For more information visit seattle.gov/parks or call 206-684-7440

SOUTHWEST POOL—SUMMER 2016